

# Lesson 2: Garden Fresh Pasta Salad



**Recipe**  
Takes 10 minutes  
Makes 10 servings

## YOU WILL NEED:

mixing bowl  
whisk  
measuring cups  
measuring spoons  
spoons

## Ingredients For 8 servings



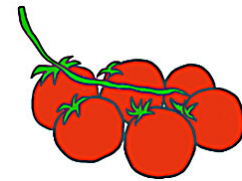
1 pkg. (16 oz.)  
whole wheat shaped pasta  
(bow-tie, penne, shells, etc.)



2 cups  
broccoli florets,  
chopped



1 red bell  
pepper,  
chopped



1.5 cups  
halved cherry  
tomatoes



1/2 cup  
Italian salad  
dressing



1/4 cup chopped  
basil or parsley



1/4 cup grated  
Parmesan cheese

## Preparation

Whisk the balsamic vinegar, olive oil, basil or parsley and cheese in the mixing bowl with the whisk. Add the pasta, broccoli, red bell pepper and tomato and toss well to coat with dressing.

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## DIRECTIONS

1. Fill in the blank in the bubble.
2. Color the whole grain train.
3. Color the wheat stalks.

All aboard  
the \_\_\_\_\_ train!  
First stop: fuel!

